

Sam Sankari, manager of the Record Mart, said he has been selling up to 150 copies of the \$10 DVD every week for the past month.

"It's our top seller by far," Sankari said.

The video contains no talking. Hip-hop beats play as a bare-chested Richards flips his body around monkey bars, performs pushups with his feet in the sky and contorts his massive frame into yogalike positions that leave his muscles pulsating.

Richards began lifting weights in 1996, but he gave up weight training for good two years later when he stopped seeing results.

He began focusing on calisthenics with his workout partner, Tiffany (The Perfectionist) Stokes, who also appears in "Calisthenics Kingz."

"We're trying to show people you can be just as fit as someone who goes to the gym and uses equipment worth thousands of dollars," Richards said.

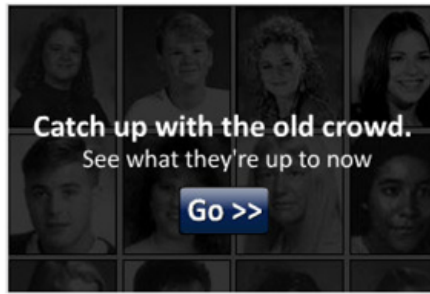
The pair devised a series of exercises for beginners and hard-core fitness buffs that Richards says can be performed by anyone in almost any park, and they plan to release an instructional video soon.

At midday Tuesday, a crowd of more than a dozen people gathered outside Record Mart and watched the video in amazement as Richards gripped a pole, raised his body parallel to the ground and began raising and lowering himself.

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Lombard for News
Richards' video plays continuously on a flat-screen TV outside Record Mart in the Times Square subway station.



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